Winnipeg metro

TUESDAY, APRIL 19, 2016

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Your essential daily news | TUESDAY, APRIL 19, 2016
High 19°C/Low 7°C Mostly Sunny

Nina Lam won't be spending her 18th birthday in a bar. She'll be voting for the first time, and working as a student returning officer on Tuesday. ELISHA DACEY/METRO

Skip the bar – let's go vote

CIVIC ENGAGEMENT

Nina Lam will spend her 18th birthday at the polling station

Elisha Dacey
Metro | Winnipeg

Most 18-year-olds spend their first day as a legal adult hitting up a local watering hole.

Nina Lam is not most 18-year-olds.

The Fort Richmond Collegiate student is spending her 18th birthday doing something she says is more important — voting.

Not only is she voting, but she's working as a student returning officer as well. That's right, she's spending her 18th birthday at a polling station.

"People go out (on their birthdays) to have fun, but my idea of fun is getting involved in politics."

Lam says she has always been a volunteer, thanks to her parents. "My parents immigrated here, back 20 years ago," she said. "They came to Canada (from Vietnam) seeking a better life.

"Without them moving here, I never would have had the opportunity to do all the things that I'm able to do."

This election, she has been door-knocking and dropping off leaflets for Liberal candidate James Bloomfield in St. Norbert.

"Most people have been really friendly when I get to the door… even though I'm so young."

People aged 18-29 are four times less likely to vote than their elders, according to Elections Manitoba. Lam said everyone in her age group should take voting more seriously.

"I don't think people realize that politics encompasses every aspect of your life. I remember back when I was in Grade 9 or 10 and I was like, 'Oh, politics is so boring.'

"I think it's really important that people look into which political party represents what they want in their life the most and make an informed decision."

While she says she is interested in the political process, her sights are set on something much higher than holding public office herself.

"My future goal is to work for the United Nations."

MANITOBA ELECTION2016 | Campaign is wrapping up

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metro NEWS

Your essential daily news

In quake-devastated Ecuador, loved ones mourn as number of victims rises. **World**

MANITOBA ELECTION 2016

Tories on offence as campaigns wrap up

A five-week-long, often-negative Manitoba election campaign drew to a close Monday with more signs that the Progressive Conservatives are set to leap from Opposition to government.

With voters set to cast ballots Tuesday, Tory Leader Brian Pallister played offence, travelling to the northern NDP stronghold constituencies of Keewatinook and The Pas. NDP Leader Greg Selinger spent time shoring up support in Selkirk, a seat his party has held for 26 years.

Voters have not let Selinger off the hook for breaking an election promise in 2013 and raising the provincial sales tax, said Karine Levasseur, who teaches political science at the University of Manitoba.

"I think there was a deep-seated hope within the NDP that Manitobans would forgive him for increasing the PST if there was enough buy-in that ... Greg Selinger is still the one person (people) can count on to ensure that health care is still going to operate the way it needs, that services are going to be delivered and they're not going to be cut," she said.

"It didn't work at all."

Kelly Saunders, an assistant professor at Brandon University, said the NDP didn't help themselves by making a "really odd" decision to focus on Selinger in their campaign ads, given his low personal popularity.

The campaign took a negative turn last week, when Selinger called Pallister "homophobic" and suggested the Tory leader release personal financial information in case he had any undisclosed financial holdings.

Pallister, a former MP who owns a vacation home in Costa Rica, has been on the defensive in recent days over the amount of time he has spent there, and the NDP has continued to suggest he has been inconsistent on his holdings in the Central American country.

Pallister has called some of Selinger's assertions "desperate lies" and a distraction from issues such as long health-care wait times.

Saunders doesn't think the NDP's attacks on the Tories will sway undecided voters, but could convince them to not show up.

"Those undecided voters that might have been close to making a decision, (may be) saying now, 'This is ridiculous. We can't trust any of them ... so either we're going to decline our ballot or we're going to choose to stay home.'"

THE CANADIAN PRESS

ADVANCE POLLS

Turnout at advance polls, which closed Saturday, was up 39 per cent from the last election. About 109,000 voters cast ballots early, according to Elections Manitoba.

'Something was weird in there'

GRAPHIC CONTENT WARNING

Trial starts for woman accused of concealing baby remains

Security staff walk past storage lockers on October 21, 2014. Andrea Giesbrecht is currently on trial after decaying remains were found in a locker she was renting. JOHN WOODS/THE CANADIAN PRESS

Employees who discovered the remains of six infants in a storage locker say they found foul-smelling bags and pails filled with something "wet and mushy."

The employees were the first witnesses Monday in the trial of Andrea Giesbrecht, 42, who is facing concealment charges before a judge alone.

Ryan Pearson told court he and several others went into the Winnipeg U-Haul locker to take inventory on Oct. 20, 2014, because the bill hadn't been paid. It wasn't long before he said they felt "something was weird in there."

He said he opened a few containers and were overwhelmed by a horrible stench.

"From that point, I got some gloves because it didn't seem right," Pearson told provincial court Judge Murray Thompson. "Everything had kind of a sticky feeling.

"At that point, your mind is going 100 places so we called police."

The discovery left him shaken, Pearson said, with "many, many nights of not sleeping."

Patrol Sgt. Cory Ford, the first officer on the scene, told court he recognized the smell when the locker was opened.

> **"I was able to see the limb of what looked like a baby and a small head with hair on it.**
> Patrol Sgt. Cory Ford

"It was the smell of decay," he said.

Ford testified that he examined the containers one by one to determine if further investigation was needed. There were bags stashed inside pails and duffel bags inside plastic totes.

"It was wet. From the smell, I felt sure it was some sort of decomposition."

Ford said he picked up a white plastic bag and shone a flashlight on it.

"I was able to see the limb of what looked like a baby and a small head with hair on it."

Giesbrecht, who had also gone by the name Andrea Naworynski, was arrested shortly afterwards. She has been out on bail for almost a year. With her dyed red hair pulled back into a bun, Giesbrecht appeared to listen intently, but expressionless, as the trial heard the graphic testimony.

Kristina Lekei, manager at the U-Haul facility, said Giesbrecht's account was in arrears virtually from the moment she rented the locker in March 2014. Giesbrecht had been anxious that the contents of her locker not be auctioned off, Lekei said.

"She said it was her deceased father's items," Lekei testified. "She wanted to keep them."

But when Lekei and her staff entered the locker, there was nothing personal inside, she said.

THE CANADIAN PRESS

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CITY HALL

Staff to study Uber-style snow clearing

Stephanie Taylor
Metro | Winnipeg

An idea to open up the job of clearing Winnipeg's streets of snow to smaller contractors through an Uber-style app was met with warm reception by a city committee.

The interest levels of councillors on the innovation committee were clearly piqued by a pitch made by Coun. Russ Wyatt on Monday, which was for the city to develop an app, similar to the ever-controversial Uber, in order to give more opportunities to smaller contractors, and individuals, to tackle snow and ice removal on residential streets, sidewalks and back lanes.

"This is exactly the kind of thing that Mayor Bowman campaigned on, which is essentially to bring forward a culture change towards innovation at City Hall," Coun. Marty Morantz told the committee, commending Wyatt on bringing forward the idea.

The proposal would exclude priority 1 and 2 streets, which the city designates as regional and collector streets.

Wyatt's motion asked that the city pilot the initiative this winter, which committee chairman Jeff Browaty (North Kildonan) said he would support.

He raised the point, however, that service levels a would-be freelance snow contractor would be expected to maintain are far more complicated than what customer service delivery is required of Uber drivers.

Thursday's committee voted for city staff to return with a report on the idea in 90 days.

CORRECTION

In an advertisement that ran on Monday, April 18, we stated that we have more weekly readers than any other local news publisher. That is not a correct statement and Metro would like to apologize for the error.

Winnipeg metro

Wheeler back on air

MEDIA

Radio host returns after week-long suspension

Evan Matthews
For Metro | Winnipeg

Dave Wheeler returned to work on Monday. TWITTER

A popular radio show host returned and apologized after a week-long suspension Monday, only to later appear to swear online at a commenter who questioned his apology's sincerity.

92 CITI FM host Dave Wheeler apologized on-air Monday for releasing two videos social-media outcry deemed as sexist, racist and classist last week.

Wheeler said he was "truly sorry" for his actions, adding he cares for the city and the people who live in it. He also commended those who organized the protest inside and out the 92 CITI FM studio, and he said it's refreshing to see people stand up for what they believe.

"In that same breath, if you believe in something, don't bully anyone with words of hate," said Wheeler. "It doesn't accomplish anything and it doesn't help anyone — including me."

But minutes after posting the video apology on the station's Facebook page, comments began to appear questioning the apology.

"My sister is in radio business, here is the question for Wheeler, if you really meant it from bottom of your heart, then why was reading it from a script needed?" reads a comment from Kevin Roslinsky.

A comment written in first-person, from the station's official account read:

"First off... F**k your face, K!? Ok, now, as I said... That came from 20 pages of writing over the past week. I spent 7 hours getting to be as short and to the point as possible. I read MY words off paper to make sure I got across EXACTLY what I wanted to say. It's too emotional of a situation to just 'wing it.' So, I've said what I've said and I meant every f**king word of it."

The comment was subsequently deleted. In his apology from the morning, Wheeler said he hoped members of Winnipeg's family could find it in their hearts to forgive him as we all continue to grow and learn together.

Several thousand people signed a petition after the protest in defence of Wheeler's job.

A spokesperson for 92 CITI did not return repeated requests for comment by press deadline.

SWAN LAKE FIRST NATION 7 SWAN LAKE, MB

FIVE MEMBERS NEEDED FOR THE SWAN LAKE FIRST NATION LAND COMMITTEE

Membership is open to all who are registered as an eligible voter of the Community, living either on or off reserve. Must have knowledge of the SLFN Land Code, be interested in the development of the Community, and able to attend Community meetings.

Committee will consist of one (1) elder, youth, off-reserve, and 2 on-reserve members.

Duties include consulting with residents, advising and recommending on matters related to Land and the Land Code.

Contact Eric Cameron, Land Manager, at the Band Office (836 – 2101), slfnlands1@hotmail.com for details.

Closing date for applications is 4:30 P.M. April 29th, 2016.

POLICE

Fire at Ashburn street house uncovers grow-op

Where there's smoke there is often fire ... and sometimes marijuana.

In what police say "isn't exactly the most ideal way of coming across a grow operation," a house fire revealed a "multi-stage" marijuana grow operation in the west end, Sunday.

Winnipeg Fire Paramedic Service responded to the fire on Ashburn street and saw two occupants and several cats escape without harm. "Once the fire was extinguished, a marijuana grow operation was discovered inside the lower level of the home," said Const. Jason Michalyshen.

Police seized 292 marijuana plants with an estimated value of more than $327,000 as well as additional growing equipment and dried plants ready for sale. The two occupants of the home were arrested and face charges. BRAEDEN JONES/ METRO

Speed a factor in weekend crash, police say

Police continue to investigate what caused a fatal single vehicle collision Saturday, but said speed was part of the equation.

A Ford 500 crashed through a fence and into a tree between Wellington Avenue and Sargent Avenue on Wall Street around 5:20 a.m. Saturday.

Police said the 35-year old male driver was killed in the crash, and two women, ages 35 and 25, sustained serious injuries. Debris from the crash covered three lanes of traffic and closed Wall Street northbound for most of Saturday.

Police also said alcohol has not been ruled out. METRO

Woman arrested after club cash goes missing

A rural Manitoba woman has been arrested and charged after thousands of dollars went missing from a community centre.

Selkirk RCMP said they have been investigating at the St. Andrews Community Club for almost a year after they were notified by board members of suspicious activity and missing money.

RCMP said they raided two places this weekend.

Sharon Wasny, 53, of the RM of St. Andrews has been charged with theft over $5,000 and making false entry on a ledger. METRO

Lisa Meeches and Coun. Jenny Gerbasi put on the first decal of Winnipeg BIZ's most recent initiative to make downtown more welcoming to indigenous people. EVAN MATTHEWS/FOR METRO

BIZ welcomes all in all languages

DIVERSITY

Indigenous words for hello on storefronts

Evan Matthews
For Metro | Winnipeg

Aaniin, Tawow, Wotziye, Peehtikway, Iyuskin, Matna and Bienvenue.

Walk around downtown, and you'll be able to say "Welcome" in all these ways.

The Downtown Winnipeg BIZ is pairing with 80 businesses (so far) to help Winnipeggers do just that. The new project will see decals hung from downtown businesses saying welcome in a variety of indigenous languages, the BIZ announced Monday.

"It's important for us to support the initiatives the Downtown BIZ has been bringing forward," said Lisa Meeches, a member of the BIZ's Aboriginal Peoples' Advisory Committee and director of the Manito Ahbee Festival.

"Our committee has been doing a number of things, and they're heartfelt and genuine, but Downtown BIZ didn't say 'This is what we're going to do,' they asked us, 'What would you like us to do? How can we set a precedent?'"

The indigenous languages represented on the decals are Ojibwe, Cree, Dene, Michif, Dakota and Inuktitut. City councillor Jenny Gerbasi, who represents Fort Rouge-East Fort Garry, believes the timing is right.

"These decals are a great way to continue a positive and inclusive dialogue and to create an atmosphere of diversity and understanding that makes our city strong," she said.

Meeches said with 2016 being the year of reconciliation, she hopes the banners create a more welcoming environment for Winnipeg's indigenous people.

The first decal was installed at Portage Place Shopping Centre.

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Today is election day.
Voting places are open from 7:00 am to 8:00 pm.
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The form you received when you were enumerated tells you where to vote. You can also visit our website or download our mobile app to find your voting location, or contact your returning office.
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MANITOBA VOTES 2016
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Looking for answers

FIRST NATIONS

Youth questions minister on Attawapiskat conditions

A young man in the troubled First Nation of Attawapiskat asked the federal indigenous affairs minister on Monday why his community was living in Third World conditions while Canada is greeting refugees with open arms.

Robert Sutherland was among several youths to express frustration to Carolyn Bennett over the lack of basic supports so desperately needed by those in his James Bay community.

"Tell me why we First Nations live in Third World conditions," he said during a meeting with Bennett and other officials.

"Why is it so easy for the government to welcome refugees and offer them first-class citizenship in our country?"

Attawapiskat has been rocked for weeks by numerous attempts by young people to kill themselves.

The public youth council session followed a private two-hour meeting with Bennett, activist New Democrat MP Charlie Angus and Attawapiskat Chief Bruce Shisheesh, who also made his frustration plain.

Bennett was able to commit to a new, properly equipped youth centre as well as some programming for young people, a key demand in the isolated northern Ontario reserve.

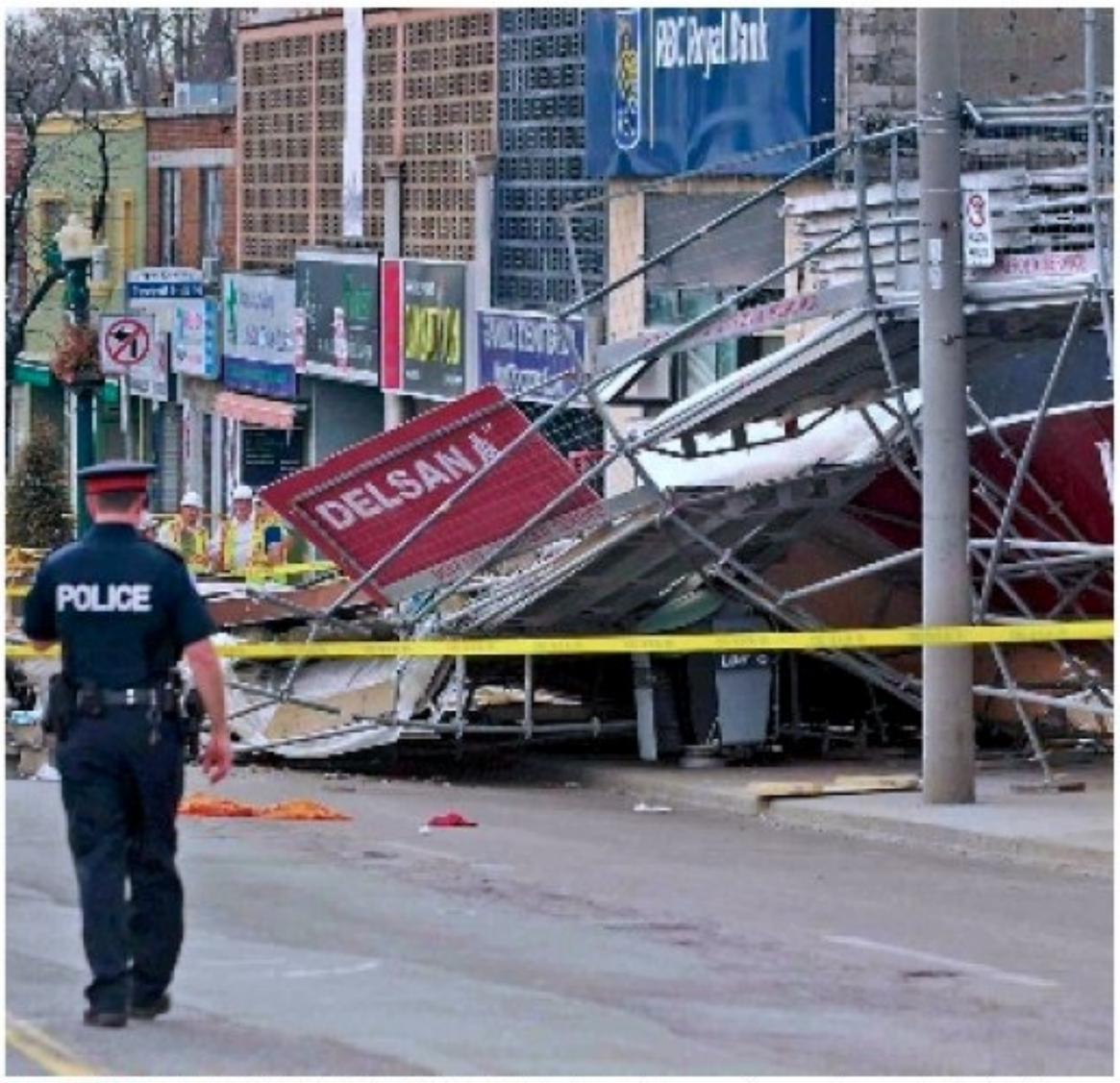
In addition, a youth delegation from across the region will be invited to Ottawa.

Angus called it an important beginning in ending what he called this "cycle of despair."

"I'm pleased we have something deliverable for the young people," Angus said.

"Is this enough given the extent of the crisis that has faced Attawapiskat? No, it's not enough yet, but we have to start with this first step."

THE CANADIAN PRESS



COLLAPSE A NARROW ESCAPE FOR MANY A view of the wreckage after part of a building and its scaffolding collapsed in Toronto on Monday. Seven people including a baby narrowly averted serious injuries on Monday afternoon as scaffolding came tumbling down to the streets of one of the city's most bustling neighbourhoods. CHRIS YOUNG/THE CANADIAN PRESS

HELLS ANGELS

Ex-boxer shot while riding bike

A former Olympic boxer who is now a high-ranking member of the Hells Angels is in stable condition in hospital after he was shot outside Montreal on the weekend.

Phil Boudreault

YOUTUBE.COM

Phil Boudreault, 41, of Sudbury, suffered injuries to his back and a lung after he was shot Saturday morning while riding his motorcycle near Lachute, Que.

The Sûreté du Québec would not confirm the name of the victim, but Sgt. Marc Tessier said, "It was an attempt on (the motorcyclist's) life, for sure."

At least one gunman opened fire from a vehicle that pulled alongside him. A source said that Boudreault shielded his girlfriend, who was also on the motorcycle. Tessier said that two men were seen leaving the scene in an older model, blue-grey SUV.

TORSTAR NEWS SERVICE

The Spring 2016 Collections have arrived, with a selection of menswear brands that must be seen to be believed. Like the vibrant, rock 'n roll-inspired John Varvatos Star USA. This season sees the designer returning to the basics with luxurious takes on sportswear staples like the café racer jacket, shown here in cognac leather. While the collection retains its urbane edge, each piece seems destined to be a future classic. Come and see the collection in person, where you'll experience our signature service and expertise first-hand. Prefer a preliminary look? Visit us online at harryrosen.com, where you can chat, email or book an appointment with us.

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Grief-stricken Ecuadorians search for loved ones through the rubble, as others mourn the dead. THE ASSOCIATED PRESS

Loss piling up amid rubble in Ecuador

EARTHQUAKE

At least 350 people dead, including two Canadians

It was supposed to be a family reunion to celebrate a young relative's start of college. But the gathering ended in tragedy when a collapsing building crushed 17-year-old Sayira Quinde, her mother, father and toddler brother in their rusting car.

A grief-stricken aunt, Johana Estupinan, now is making the longest journey of her life in a funeral hearse to the town of Esmeraldas, where she will bury her loved ones and break the news of the loss to her sister's three now-orphaned children.

As Ecuador digs out from its strongest earthquake in decades, tales of devastating loss are everywhere amid the rubble. The 7.8-magnitude earthquake left a trail of ruin along Ecuador's normally placid Pacific Ocean coast, buckling highways, knocking down an air traffic control tower and flattening homes and buildings. At least 350 people died, including two Canadians, and thousands are homeless.

Portoviejo, a provincial capital of nearly 300,000, was among the hardest hit, with the town's mayor reporting at least 100 deaths. The Quinde family drove there from their home hours north up the coast to drop off Sayira at Estupinan's house a week before she was to start classes at a public university on a scholarship to study medicine.

> The Ecuadorean spirit knows how to move forward. President Rafael Correa

The quake knocked out power in many parts along the coast and some who fled to higher ground fearing a tsunami had no home to return to, or feared structures still standing might collapse. The country's Geophysics Institute said it recorded 230 aftershocks, some strong, as of Sunday night, in the hardest hit towns and fishing villages.

As rescuers scrambled through the ruins near the epicentre, in some cases digging with their hands to look for survivors, humanitarian aid began trickling in. More than 3,000 packages of food and nearly 8,000 sleeping kits were being delivered Sunday.

Local media reported a second night of looting Sunday in Manta after 180 prisoners from a jail near Portoviejo escaped amid the tumult. THE ASSOCIATED PRESS

BRAZIL

President Rousseff's future is in doubt

President Dilma Rousseff on Monday appeared on the verge of losing office after a congressional vote to impeach her and signs suggested only tenuous support for her in the Senate, which will decide whether to remove her amid a political and economic crisis.

The 367-137 lower house vote in favour of impeachment late Sunday sent the issue to the Senate, where 45 of the 81 senators have indicated they will vote to hold an impeachment trial.

If a majority of senators vote to put Rousseff on trial, she would be suspended while Vice-President Michel Temer temporarily took over.

Under the complicated guidelines of the impeachment process, it could be a little more than 10 days until that vote is cast and a minimum of 40 days until the Rousseff's fate is decided. However, the speed of the process also depends on the political will of Senate leader Renan Calheiros, who could potentially drag the eventual trial and final vote out for months.

Speaking at a news conference Monday, Rousseff said she would not be stepping down.
THE ASSOCIATED PRESS

Anti-government demonstrators watch the vote count.
THE ASSOCIATED PRESS

TRANSIT TUESDAY
Weekly Transit News Update

HARSHER PENALTIES FOR TRANSIT ASSAULTS

Winnipeg Transit will be rolling out a new awareness campaign to remind the public about changes to the Criminal Code of Canada (Bill S-221) which aims to further protect public transit operators. Under the new law, threatening or assaulting a transit operator shall be considered an aggravating offence by the court when imposing a sentence for the offence.

Bill S-221 amended the Criminal Code to create a new aggravating factor for the purpose of sentencing offenders convicted of five specific offences and where the victim was at the time of the offence, a public transit operator engaged in the performance of his or her duty. The five specific Criminal Code offences include:

- Uttering threats
- Assault
- Assault with a weapon or causing bodily harm
- Aggravated assault
- Unlawfully causing bodily harm

The "Your Next Stop" campaign features a photo of a jail cell with the following line, "Assaulting a bus driver could make this your next stop." The campaign will be seen on buses, transit shelters and benches.

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Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience, plus, save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information.

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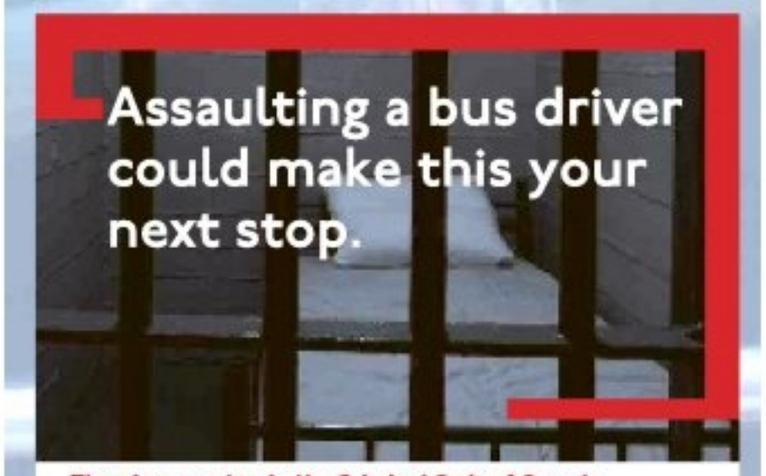

There's a new law in the Criminal Code of Canada.
Threatening or assaulting a transit operator could now result in more serious criminal charges and longer jail terms.

Winnipeg winnipegtransit.com

Turo arrives in Canada

SHARING ECONOMY

Company lets you rent your car out to other people

Want to ride off into the sunset but don't own a car? Worry not, there's an app for that. ISTOCK

Move over Budget and Enterprise, get ready to compete with just about anybody who wants to use their vehicle to make some extra cash. Turo, a San Francisco-based company that is best described as an Airbnb for cars, has just launched in Canada.

The concept is simple. The company helps people rent their cars to strangers. Turo started out as RelayRides in 2009 and operates a peer-to-peer car marketplace, that has rented thousands of cars for over 1 million days throughout its short history.

"Our mission is to try to put the world's cars to better use," says Andre Haddad, Turo's CEO.

Canada is the company's first international expansion and the service will only be available in Ontario, Quebec and Alberta. As well, Canadians must be existing customers of Intact insurance or its subsidiary, Belair Direct. Intact has struck a deal to provide up to $2 million in commercial insurance for Turo users.

"Consumers want to participate in services like Turo," says Stephanie Sorensen, director of external relations for Intact. "We want to ensure that insurance coverage is available."

Turo creates a profile of the vehicle that is available on Turo's website and app, with photos and information about the cost. Users have their choice of vehicles and afterward both sides can review and rate the experience. Both users and owners have to go through a screening process before being able to use the service.

For drivers, Turo has no membership fees and all they need to do is sign up. For people who would like to rent their cars, the vehicle needs be to less than 10 years old and have less than 150,000 kilometres on the clock, with some exceptions. There are more than 800 models available for rent, and drop off and pickup is often included.

Many users praise the personal connection created between owners, users and their vehicles. Haddad has rented several on the service, including a 2006 Porsche that he says been used for several special occasions.

Turo offers a dynamic pricing model that suggests what users can charge, but the car owner ultimately decides how much. Turo takes a 25 per cent cut. The company initially offered short-term rentals, but has found the longer term rentals are more popular and focuses on them. On average, cars are rented for five days. Turo claims that prices are generally 30 per cent lower than traditional rental car companies, and that the average active user who rents out their car makes US$600 a month.

$600 US
The amount of money an average active user who rents out their car makes

Insurance has been an issue. The company paid over $200,000 in fines to New York state because of violations of insurance laws including false advertising and unlicensed activity. New York is the one state in the U.S. where Turo does not operate.

Josh Bilerman, who owns a web design company in Montreal is a Turo fan. He enjoys the convenience of dealing directly with the car's owner and making arrangements for pickup and drop-off.

"That flexibility has been way better than dealing with the hassle at rental car counters," he says. TORSTAR NEWS SERVICE

RETAIL

Le Chateau to close up more shops

Fashion retailer Le Chateau plans to close about 40 additional stores across Canada over the next three years even as it hopes to swing to its first profit in six years in 2016.

The Montreal-based company has been shuttering underperforming stores and renovating others as it "recalibrates" in the face of growing online purchases. It closed 11 stores in the last year to reach 211 locations and plans to close another 14 in 2016. By early 2019, Le Chateau expects to shrink its retail network to about 171 stores.

Le Chateau declined to say how many of its 2,400 employees might lose their jobs, saying most will be absorbed into nearby stores or be eligible to work in its the growing e-commerce operations.

Franco Rocchi, the retailer's senior vice-president sales and operations, said some stores identified for closure at the end of their leases may get a reprieve if they can negotiate lower rents or the shopping centres where they are located improve.

Le Chateau expanded in the 1980s and 1990s, but like many retailers has been adjusting to a change to online shopping.

"Today in the post-digital world, your brand is as close to everybody as their cellphone, so having all this real estate...isn't necessary anymore," Rocchi said in an interview.

The chain lost $35.7 million for the 12 months ended Jan. 31, compared with a $38.7-million loss a year earlier. Sales decreased 5.3 per cent to $236.9 million, as same-store sales slipped 1.9 per cent. THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Tuesday, April 19, 2016

METRO POLL

Attawapiskat: What should be done?

Watershed moment or same old story?
Eleven suicide attempts in northern Ontario's Attawapiskat First Nation on April 9. Five more last Friday. Some 100 such attempts in this calendar year alone. Much of the country remains gripped by the fallout of the crisis: sit-ins, emergency parliamentary debates, cabinet-minister visits, promises of mental-health funding. We asked Metro readers how they rate the government response to the situation.

1 Has the government done enough for Attawapiskat?

36% Yes. They've done what they should be expected to do.

33% Yes. So far. Ask me in a month.

31% No. The response has been paltry.

2 Rank these seven choices in order of what you see as most needed by First Nations:

1. More funding
2. Better infrastructure, e.g., drinking water
3. Better amenities , e.g., libraries, youth centres
4. A visit from Prime Minister Trudeau
5. A federal inquiry
6. More civil services, e.g., mental-health resources
7. For their young people to move away

WE ASKED Metro readers

- The response is merely a Band-Aid.
- Where are elders and chiefs in all this?
- We've never made indigenous people a top priority. The time is now.
- Progress isn't made fast enough to keep a furtive press interested, and it falls off the front page.
- They should've benefited from De Beers mining by now and from the hunger strike of Chief Spence. Something isn't right.
- The government has given support to help this community to help manage depression. The people need to figure this out for themselves.

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HAVE YOUR SAY

Liberals the real losers of the 2016 campaign

INSIDE THE PERIMETER
Colin Fast

By the end of the day, the provincial election will be history and Brian Pallister's Conservatives will likely have the largest majority Manitoba has ever seen. They're clearly going to be the big winners tonight.

As for the big losers? They're not who you think.

Sure, the NDP is going to get bounced from office after 16 years, and probably be reduced to a dozen seats. But they couldn't have hoped for much better, especially after making the decision to keep Greg Selinger around. They'll lick their wounds, find a new leader and build on what they win tonight.

Rather than own up to mistakes, the Liberals complained about unfair media treatment.

But the Liberals had a historic opportunity to turn their fortunes around. Remember, they started the year ahead of the NDP in the polls. All they had to do was run a safe campaign and they would have cruised to a half-dozen seats. With some good luck, some good press and maybe a visit from Prime Minister Trudeau, they could have vaulted themselves into second place.

Instead, they'll be lucky to elect a single MLA.

Where did it go wrong? Let's start at the top.

Despite the fact she's been leader for over two years, Rana Bokhari looked remarkably unpolished at times. Her speeches were too casual and unfocused, she frequently got flummoxed by media questions and her performance during the one televised debate of the campaign was a disaster.

Interestingly, though, just 36 hours later she stood in front of 1,000 people at a private Chamber of Commerce debate and arguably bested Selinger and Pallister. So the potential is there, but the party clearly didn't do enough to prepare her for the campaign.

Lack of preparation was a common theme. The party left a year out of its financial projections, it failed to field a full slate of candidates, it forgot to include the justice minister in its list of cabinet portfolios and it even spelled the mayor's name wrong in one of its online promos.

These blunders lost the party credibility with the media and the public. But rather than own up to the mistakes and improve, the Liberals complained about unfair media treatment. Then any goodwill toward them disappeared, too.

As a result, the party went from battling with the NDP for second place to fighting for scraps with the Greens.

The Liberals still might manage to win a couple of seats tonight and will claim that as a victory. But it's nothing compared to what could have been.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Find him @policyfrog on Twitter

ROSEMARY WESTWOOD

In saying their names, victims demand to be reckoned with

Linda Redgrave.

Now, then — now that you know her name — are you listening?

Is her story — that of Complainant No. 1 in Jian Ghomeshi's sexual-assault trial, that of a woman allegedly yanked hard by her hair and punched in the head three times, that of the woman in the bikini photo so desperately sought by the press — more believable to you now? Do you think she's brave? Or do you smell a PR move and a book deal?

After revealing her identity in a blog post on Monday, Redgrave says she's ready for both "the good and bad." She's coming forward to change how the legal system deals with sexual-assault complainants. She writes: "I'm doing it because the current method of trying a sexual-assault case by attacking victims who cannot defend themselves is barbaric."

She's started a website to help survivors navigate that system. She's going to advocate for change. She thinks that coming out and naming herself will give her more power.

It does. And other women know it, too.

Writing in the National Post on Monday, Conservative MP Michelle Rempel rips into "everyday" sexism in politics and demands (rather hopefully) that sexists themselves, not their targets, be the ones to change. She uses her own name. She describes typical harassment (one MP is "turned on" when she's direct).

For sexual assault, it has become a tactic in vogue. Around the Ghomeshi trial, newspapers were printing first-hand accounts of sexual assaults by women who wanted to be named. Other women were tweeting their abuse. They were individualizing their experience in order to authenticate it. By specifying themselves, they forced a specific reaction.

For evidence of how powerful that can be, see Alberta MLA Maria Fitzpatrick's story of beating, rape and threats at the hands of her then-husband. Her speech at the legislature garnered national media and led to the rare unanimous passing of a private member's bill on domestic violence.

But while you can elicit a potent reaction, you can't control its sentiment. Example: Americans are reliving, via a new film, the evisceration of Anita Hill, a black aide to a Supreme Court nominee, who was vilified in the 1990s for testifying to his sexual harassment.

Similarly, since Redgrave and Rempel have come forward, anonymous Twitter eggs and online commenters have piled on the vitriol, mostly just keen to let the Internet know, "I don't believe these women!"

But then again, on the plus side: They've been heard.

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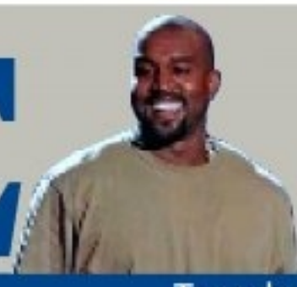
Tuesday, April 19, 2016



Fan sues Kanye West and streaming service Tidal for allegedly duping users into subscriptions based on promise of being exclusive outlet for West's new album.

As children spend more time in the digital world, nature is even more important for improving mental and physical health, says Richard Louv. PHOTOS: COLE BURSTON/FOR TORSTAR NEWS SERVICE

Are your kids getting vitamin N?

NEW BOOK

Antidote to modern malaise is nature says popular author

Richard Louv coined the phrase that captures the disconnect between modern kids and the outdoors. "Nature-deficit disorder" was how he described the phenomenon in his landmark book Last Child in the Woods.

A decade after naming the problem, the California author and outdoorsman is promoting another catchy term, this time for the cure — regular doses of nature.

He calls it Vitamin N.

Research has exploded in the last few years showing that time spent in green space is good for brains, bodies and souls.

It is believed to improve mental and physical health, cognitive skills, sensory development and learning.

As children spend more hours in the digital world blocking out their senses to focus on a screen, nature is more important than ever as an antidote, he argues in his new book Vitamin N: 500 Ways to Enrich the Health and Happiness and Your Family and Community.

"There's no precise prescription," the California-based author explained in an email interview.

And it doesn't have to be complicated.

"Some experience in nature is better than none, and more is better than some."

While Louv grew up in an era when kids roamed free and the only screens were on televisions, Louv's not anti-tech. His book includes an array of ideas for bringing technology to the outdoors and vice versa.

His ultimate form of multitasking? Straddling both the digital world and nature to develop what he calls "a hybrid mind."

TORSTAR NEWS SERVICE

"Some experience in nature is better than none, and more is better than some
Richard Louv

DO IT YOURSELF

Tips for fitting in more nature

Try some of these activities with your family

1 Put nature on the calendar
Family life is hectic these days. For many, the only way to actually make sure there's time to go for a hike, a picnic or even hang out in the backyard is to book it as you would a soccer game. Think of it as the family equivalent of a date night.

2 Be the guide on the side
When outdoors with kids, back off. Let them follow their own noses, whether it means collecting sticks, jumping in mud puddles or climbing an embankment, without always directing their play. Encourage them to ask questions and figure out answers, even by looking them up later. Be curious observers with a sense of wonder alongside them.

3 Enliven the senses
We used to talk about five senses. Now researchers have identified as many as 30. Awaken them by focusing on one at a time and blocking out the others. Have kids travel on their bellies for a closeup view of the earth. Use a paper "sniffer cup" for smelling natural objects like pine needles or wildflowers. Go barefoot. Cup your ears to focus on "seeing" the environment through noises. Stick out your tongue to taste the breeze.

4 Seek positive places with negative ions
Natural settings with plant life and water — beaches, streams, waterfalls — tend to be rich in molecules called negative ions. You can't see or smell them, but when they're inhaled and reach the bloodstream, negative ions are known to boost serotonin levels, which, in turn, alleviates depression.

5 Bathe in the forest
Forest bathing or shinrin-yoku, as the movement is known in Japan, is based on evidence that a relaxed walk in lush woods has measurable calming and restorative benefits. It's a healthy retreat from the pollution of city life.

6 Discover the art of nature
Pressed leaves and flowers, sculptures made of sticks and rocks, daisy chains, painting with mud or the juices of wild berries and nuts, sidewalk chalk drawings created by tracing the sun's shadow, percussion instruments from stones shells or logs. Let the imagination go wild.

7 Pick a sit spot
It could be the lower branch of a tree, a spot in the garden or a boulder by a brook. Urge family members to find their own special place they visit frequently to find peace and to observe how it changes according to the light, season, temperature and bugs, birds or other creatures in the vicinity.

8 Teach tree climbing smarts
It's a mainstay of childhood that hones balance, strength, agility, co-ordination and sense of risk. But too often it's forbidden by over-anxious adults. Some tips for safety: only climb trees that are alive and strong. Don't get onto branches with a circumference smaller than your wrist. Always have at least three points of contact with the tree — two hands and one foot or vice versa.

9 High-tech can be high nature:
Some days are for escaping technology. But you can also use it to engage kids. Design a photo scavenger hunt and send them to take pictures, use a Go-Pro to record an activity or a smartphone to record the nature sounds.

TORSTAR NEWS SERVICE

5 EXERCISES TO SWITCH INTO YOUR WORKOUT

Been doing the same sit-ups for years and feeling uninspired? Here are five exercises to skip and what moves you should adopt instead, as recommended by master trainer Barry Samuel. TORSTAR NEWS SERVICE

Lay off the moving lunges

Skip: travelling lunges
Moving across the floor when doing lunges can put knees, hips and ankles at risk, says Samuel.

Adopt: lunges in one place
"Replace that with a lunge in place," Samuel says. He recommends anchoring yourself with the wall or a chair. "Do it in place, where you're lowering your body and being careful to keep the hip, knee and joints at a 90-degree angle, tracking so the knee doesn't go too far inward or out."

Say bye bye to the barbell

Skip: barbell squat
This move may look tough, but it can also put shoulder joints at risk if not done correctly, Samuel says. "What's problematic about barbell squats is people aren't in the habit of getting their spine in an upright position," he adds.

Adopt: squat with a ball
A weighted medicine ball will do and leads to a "more natural" pose that still works the back, spine and shoulders muscles.

Pitch the pull-ups

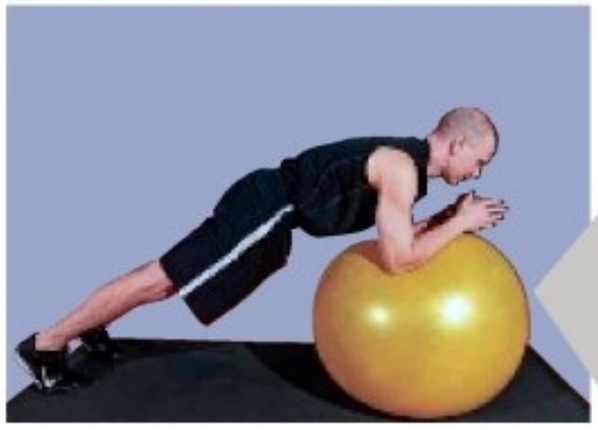
Skip: chin-ups and pull-ups
Samuel says the problem with these exercises is people tend to use a lot of momentum to swing themselves up and lose control. "Cheating often is where you leave yourself vulnerable to serious injury," he says, noting shoulder joints are at risk.

Adopt: TRX suspension or strap
Samuel recommends using a TRX suspension strap anchored to the ceiling. It's a similar movement that works upper and lower back muscles. "There's some co-ordination required with it, but it's still not as intense as if you're trying to do a pull up," he says.

Stop straight leg lifts

Skip: straight leg lifts
Doing straight leg lifts puts "a lot of stress" on the lower back, Samuel says. "You're also recruiting from your hip flexor group ... and you're not really getting a lot of benefit in the lower abdomen."

Adopt: crunches with knees at 90 degrees
This removes stress on the pelvis and lower back while engaging your abdomen. "By bringing your knees closer to your chest you're removing that stress and you're also not going to be working the hip flexors."



No more sit ups

Skip: sit ups
Think this is the best way to a six-pack? Samuel warns it's easy to lose control with this common exercise and it could put your neck and spine at risk for injury.

Adopt: plank
This borrowed-from-yoga move focuses on the abdomen and core, while being more controlled than the sit-up. "You're just trying to streamline the body, you're not bouncing around," Samuel says.

DRIFTWOOD POSE

Float to trickier yoga poses

YuMee Chung
Torstar News Service

It's been said that swimming is the next best thing to flying, so if you're working on a yoga pose that could benefit from a little more buoyancy, why not take to the water?

The following is a virtually weightless version of Staff Pose you can try in a kiddie pool, shallow surf or even your bathtub.

Driftwood Pose

1. Sit upright in shallow water with your legs outstretched and palms resting on the ground close to your sides. If the heels of your hands don't quite reach, come up onto your tippy fingers.
2. Lift yourself completely off the ground by pressing down with the hands. Do your best to keep the pelvis upright and aligned with the hands, rather than tipped backwards and shifted out in front of the hands.
3. Lift your right foot as high as you can above the surface of the water without allowing your left foot to touch down or get heavy. Hold steady for a few breaths before changing sides.

Driftwood pose is a great way to strengthen your shoulder-core and hip flexors as you prepare for high-flying poses like handstands.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

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Demand in social services

The community support worker program offered at Robertson College is designed to fill the increasing demand for trained employees in the social services field. The program specifically calls for those wanting an education in addictions, mental health, and physical care of individuals accessing the social services system.

"The programs are designed for people who wish to have both an educational and hands on training working with people in the social services field," says Lloyd Richard, program coordinator and instructor for the community support worker program at Robertson College.

"Especially for people who wish to work in the helping field, assisting challenging behaviours, working with people with mental, physical, or even social issues, or working with youth or adults."

CONTRIBUTED

People entering this field may choose to work with youth in addictions or mental health, or corrections. This program can also assist individuals wishing to work with people with physical or developmental delays or impairment. "This program has the diversity of clinical settings as well as education in support work settings," says Richard.

The program also covers the cognitive, social, and emotional development through the lifespan, as well as end of life issues.

Specific training as well as separate certificates for A.S.I.S.T. (applied suicide intervention skills training), and NCI (Non-violent Crisis Intervention), recognized by LivingWorks and The Crisis Prevention Institute Respectively.

Students will also receive their certification in Emergency First Aid/C.P.R.

Upon graduation of this program, students will be able to provide safe and competent support for those in need, in a public or private setting. The community support worker program is a one-year program and includes 975 hours of in class lectures/exercises, as well as lab hours and practicum.

Start dates for the CSW program are monthly until October 2016, then every six to seven weeks after that.

"Robertson College is one of the fastest growing private colleges, currently serving over 700 students on the Winnipeg Campus alone," says Richard.

"Robertson College is continuing to grow with online programs, innovation in heath care, as well as technology." For more information about this program, visit robertsoncollege.com/campuses/winnipeg.

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ROBERTSON COLLEGE students first.

One-stop shop to be a fifth-class power engineer

The power engineering – fifth class program at Red River College (RRC) has been designed for those who are looking for employment in smaller heating plants such as government, commercial buildings, and small processing plants.

"Our fifth-class program can be thought of as a quick "one-stop shop" for becoming a fifth-class power engineer; by the end of the 17 weeks students will have received all of the necessary theoretical training and practicum experience required for taking the provincial exam," says Tom Phillips, 5th class power engineering instructor, RRC.

This program provides students with skills required to operate and maintain boilers and related mechanical equipment such as air compressors, generators, motors, turbines, air conditioning units, refrigeration equipment, and steam or hot water boilers to provide utilities such as light, heat, climate control or power for buildings and industrial processes.

The rating requirements and licensing of engineers are regulated by the Manitoba Office of the Fire Commissioner under The Power Engineers Act and Regulations.

INFORMATION SESSIONS

Power engineering – fifth class information sessions dates:
Location: 2055 Notre Dame Avenue - White Lecture Theater
Time: 7:00 p.m. to 8:30 p.m.
Dates: Tuesday evenings
April 19, 2016
May 17, 2016
June 14, 2016

In Manitoba and Winnipeg in particular, fifth class power engineers operate mainly in heating and air conditioning equipment, and in some facilities, in refrigeration.

The power engineering – 5th class program at RRC is now the only program is the province to have received Advanced Status recognition through the Office of the Fire Commissioner at the Province at Manitoba.

"As a result of obtaining Advanced Status recognition, RRC is able to offer a complete power engineering program in a much shorter period of time," says Phillips.

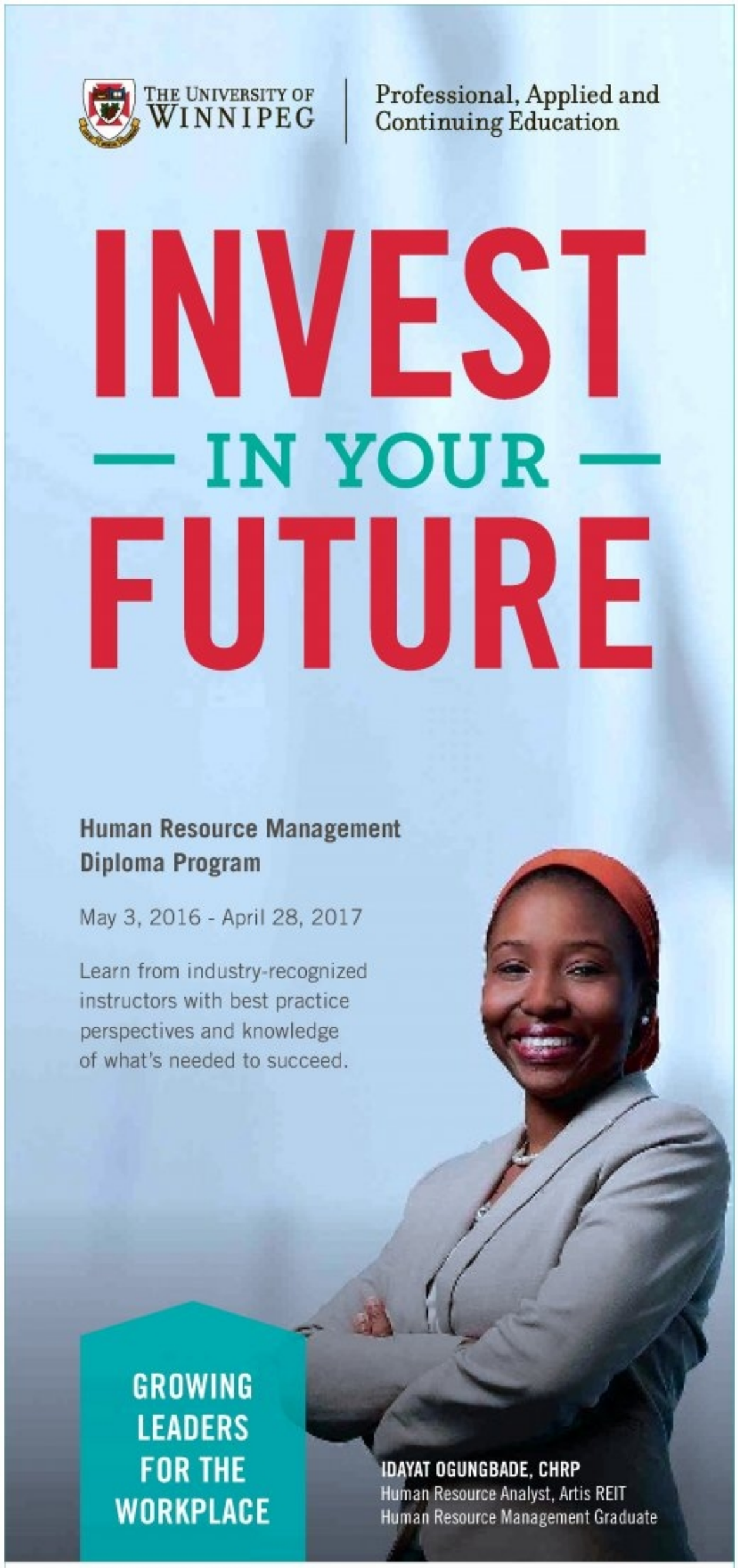
CONTRIBUTED

The next intake for this program is January 9, 2017.

For students who wish to advance to the upper levels of power engineering, it is worth exploring RRC's higher level power engineering programs.

For more information about this program, visit rrc.ca/pow.

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION
A Career as a 5th Class Power Engineer Awaits!
Power Engineers are responsible for operating and maintaining boilers and related mechanical equipment that provide light, heat, climate control or power for buildings and industrial processes.
Learn more about the program and career opportunities at these upcoming information sessions:
Dates: April 19 and May 17, 2016
Time: 7:00 - 8:30 pm
Location: White Lecture Theatre (GM42)
2055 Notre Dame Ave.
204.694.1789 | CDE@RRC.CA | RRC.CA/POW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Time to expand your professional resumé

Before enrolling in the human resource management diploma program (full-time) at PACE (University of Winnipeg's Professional, Applied and Continuing Education), Idayat Ogungbade was a compensation and benefits consultant with KPMG Professional Services.

Looking to expand her professional resumé, she chose this diploma because it is a highly recognized program known for its employment training and successful alumni.

"What I liked about PACE is the well-rounded curriculum," says Ogungbade.

"The program covers all aspects of human resource management and key areas of management."

Ogungbade liked that the program taught the most current ideas on all aspects of human resource management, with a knowledgeable faculty.

"Some of the courses also helped me to discover my strengths and uniqueness; the value derived from the program is unquantifiable," says Ogungbade.

She says she was also able to learn a lot within a very short period.

"The full-time program enabled me to develop very good relationships with my classmates," says Ogungbade.

"Through team assignments and projects, I learned to collaborate with my peers to achieve a common goal and was able to broaden my understanding of other cultures. I now have a reliable network of friends with whom I can share ideas as I progress in my career."

Since completing the diploma program, Ogungbade is now a human resource analyst at Artis Real Estate Investment Trust and credits PACE with giving her the tools she required to succeed at work and in life.

The human resource management diploma program (full-time) is the highest HR educational credential in Manitoba, outside of a business degree.

Graduates of this program will attain both a human resource management diploma and a management certificate.

The next start date for the human resource management diploma program (full-time) begins on May 3, 2016 and runs until April 28, 2017.

There is also a Sept. 6, 2016 start date that runs until Sept. 2, 2017. Both include a four-week internship portion to the program. For more information about the human resource management diploma program (full-time) at PACE, visit pace.uwinnipegcourses.ca.

STAR METRO Content Solutions

Supporting Indigenous engineering students

The Engineering Access Program (ENGAP) is a friendly, warm and supportive community of students and staff originally developed to bring greater representation of Indigenous students within the engineering profession, because less than one per cent of engineers in Canada are Indigenous.

The success of ENGAP can be attributed to the wide array of support it offers students, from academic, personal and financial to employment and community connections. If Indigenous students do not have the university entrance requirements, the ENGAP program offers upgrading classes in math, physics, chemistry and computer science to help the students meet the highly competitive demands of engineering.

ENGAP then continues to support its students throughout their engineering degree and welcomes new Indigenous students at any stage of their program.

A community student group called EASA (Engineering Access Student Association) offers ENGAP students a variety of opportunities to participate in organized activities, to volunteer, and run a fund-raising fridge filled with snacks.

The entire community of ENGAP becomes a bridge from an often small and isolated northern town to the vast university campus.

The Indigenous engineering students have great career opportunities as they are sought after and hired for summer jobs, as well as after graduation. In addition, when students are part of an engineering department (Biosystems, Civil, Computer, Electrical or Mechanical) they can experience term work positions through the Co-op program.

"Having a representative and diverse workforce will only help solve the myriad engineering problems we see in the world today," says ENGAP Director Randy Herrmann.

It's a special year at ENGAP as they celebrated the 30th Anniversary and the 100th Indigenous graduate. Last month highlighted the 2016 ENGAP Graduation Celebration where they honoured the graduates with a dinner, gifts, speeches and traditional drummers and dancers.

For more information, call (204) 474-9872 or toll free in Manitoba 1-800-432-1960 ext. 9872 or visit website at engap.com.

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CONSTRUCTION PROJECT BOLSTERS BUSINESS, SCIENCE OFFERINGS

These are exciting times at Providence.

This summer the Otterburne, Manitoba-based University College and Theological Seminary will finish the construction of a new lecture theatre, business classrooms, seminar hubs, science labs and an enclosed, landscaped courtyard.

The project was formally launched in January, and numerous dignitaries, including MPS, MLAs and municipal politicians, were on hand to give the sledgehammer a ceremonial swing.

"The people who leave Providence are great ambassadors," remarked Cliff Graydon, MLA for Emerson, after the event. "This expansion is a natural progression in growing the school and bringing more people here, which is wonderful."

Academically, an already thriving Business program will be boosted by the additional space, and science offerings at Providence will also benefit from the new facility.

"For many of our students the knowledge and service they're pursuing requires a sound education in the sciences," says Cameron McKenzie, Academic Dean of the University College. "Of course, what makes studying science at Providence transformational is the way in which we bring high-quality science education into conversation with Christian faith and character formation."

Providence Business students, meanwhile, can make use of the renovated, state-of-the-art space as they pursue Bachelor of Business Administration degrees. Many current students and Business alumni have already impacted their communities through the program's numerous green initiatives — projects that incorporate business acumen, environmental ethics and Christian faith — as well as student start-ups like a textbook consignment business, campus coffee shop and an e-waste recycling program.

"The BBA will elevate our Business program. Students will be able to pursue an MBA more readily," says Providence president David Johnson. "It will add significant course material and move students into larger business spheres through internships and other contacts in the business world."

BIOMASS BURNER

In 2011 Providence installed a biomass burner and now draws its energy from approximately 70 per cent renewable sources. Additionally, Providence students have operated a biomass brokerage, an e-waste recycling project and a Uganda-based biochar fuel program. Providence a leader in the sustainable development sector.

Skills in the kitchen and beyond

CONTRIBUTED

The desire to provide a better childhood for his six boys is what drove Francis Linklater to pursue a career in the culinary arts.

As a child, Linklater says he often had to fend for himself around mealtime, so he picked up the skill of cooking at an early age.

When he decided it was time to head back to school, he decided that Patal Vocational Schools culinary arts program was the place for him.

"It took awhile for me to figure out what I wanted to do with my life," says Linklater.

"But I have always been the most comfortable when I am in the kitchen."

With boy ranging from the ages of two to 17, Linklater says that the skills he has learned in the program so far has helped to feed his large and growing family, by cooking up mealtime favourites such as steak or meatloaf.

Not only has the program given him the skills in the kitchen, but Linklater says it has given him a lot more confidence in other areas of his life.

"Before this program, I was not comfortable speaking out, but this program has been a great confidence booster," says Linklater.

When Linklater completes the 39-week culinary arts program, he plans on applying for the baking program offered at Patal and then eventually taking the knowledge he has gained to start his own food truck business.

For more information about Patal Vocational Schools, visit patalvocational.com.

Find a rewarding career in medical caregiving

If you're interested in caring for others and gaining more in-depth knowledge about medical and practical care, the career of a medical caregiver may be for you. The field is steadily growing as Canada's population grows, creating many new jobs for those looking for a career as a health care worker.

A health care assistant can work in a variety of environments, depending on his or her interests, including long-term care facilities, home health care agencies, retirement homes, residential care centres, hospices and group homes.

A health care assistant must have the knowledge and sensitivity to care for people of many different cultural backgrounds and those with a variety of medical needs, including the elderly and those who are living with mental health issues.

Scientific knowledge is required for the job, including an understanding of general anatomy and medical terminology.

In many situations, the job of a health care assistant is just as much social as it is medical. It requires good judgement and soft skills including nonviolent conflict management, palliative care and family support.

CONTRIBUTED

The Health Care Aide program at CDI College is a great place to launch into this fulfilling job, and includes a mandatory clinical placement to help students get the real-world experience they need to launch into a career.

Learn more about the Health Care Aide program at CDI College, call 1-800-675-4392, or visit cdicollege.ca.

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CDI college

MAKING TRAINING MORE ACCESSIBLE

The three-year, distance education massage therapy program at Wellington College makes it more convenient for individuals to pursue a career in the this dynamic field.

"By offering this program through distance education, we are able to reach more individuals who are interested in a career in massage therapy, but may not have the time or resources to attend classes full time," says Brie Timings, associate director, Wellington College.

"This offering also makes the training more accessible for individuals who reside outside of Winnipeg to enroll in our program."

Wellington College offers two delivery options for individuals who are looking to train toward a career in massage therapy; the two-year, full-time program, and the three-year distance education program.

Students of both programs receive the same quality education, but in different time frames.

Graduates of both programs receive a diploma in remedial massage therapy.

The distance education program allows you to complete your diploma via the one-year basic massage therapy program followed by the two-year advanced massage therapy program.

"Work toward an exciting career in massage therapy without having to sacrifice income or family commitments," says Timings.

"Study through distance education and earn your diploma while maintaining your lifestyle."

Because massage therapy is obviously hands on work, distance education students are only required to attend the seminar weekends once a month, while the remaining time will be spent learning online once per week from home.

Wellington has also implemented a three-week practicum following the completion of the program to gain clinical experience and be able to mentor under current massage therapists, also aiding in job placement post graduation.

Program duration of 2,550 hours also exceeds the recognized national standard of 2,200 hours. The next intake for the three-year, distance education program is June 18 and 19 weekend. The next intake for the two-year, full-time program is Aug. 15. Both programs only offer one intake per year.

ISTOCK

Wellington College has had a long and highly respected history of training in remedial massage therapy, being one of the oldest schools for massage in Canada and having its roots grounded in Britain's oldest massage therapy school. For more information, contact (204) 957-2402, or visit wellingtoncollege.com.

Build a strong foundation of IT knowledge

The IT world is always changing with new advanced technologies and techniques continuously being introduced to the market.

Providing timely and accurate information systems to management is essential to any organizations that want to gain a competitive advantage.

The systems technical support analyst program at Herzing College helps individuals in building a strong foundation of knowledge in the IT profession giving them a competitive advantage.

"If the foundation is strong, it makes it easier for anyone to learn new technologies, grow further in their careers, and most importantly offer value to the organization they work for," says Dr. Harkiran Kaur, Herzing College, Winnipeg.

"This program helps individuals with achieving in-depth knowledge of computer systems hardware and related software installations with a specific focus on troubleshooting,"

Through a hands-on learning experience, students acquire detailed knowledge of current software applications along with all aspects of systems management inclusive of client and server operating systems

CONTRIBUTED

such as Windows 7, Microsoft Server 2008, Microsoft Office Suite and Active Directory installation, deployment and management.

Upon completion you will have the knowledge to troubleshoot and identify whether IT issues are hardware, software, or network related.

"This program is designed with an understanding of the current and future trends in the IT industry," says Kaur.

"It is intentionally designed to be an intense program which will prepare students with critical core competencies and expertise in as short a time as possible."

This course also helps students to prepare for their ITIL Foundation and CompTIA A+ certifications, which are inclusive with the program offering.

This program is designed for beginners to intermediate IT professionals.

"For any individual who wants to start their career in the IT industry, this course will be the perfect choice," says Kaur.

"But its not only for the new starters, this program will also help an IT professional who is working at a Level 1 or 2 IT job position to gain more knowledge in their field of work and shape their careers."

The program is seven months in duration, which includes five months of in-class learning and two months of internship. For more information about this program, visit herzing.ca/winnipeg.

metro SPORT

Steven Wright left a bottle of pricey booze at Chris Colabello's locker-room stall a day after the Red Sox RHP beaned the Jays' 1B in the head

Jays fleece Sox relievers

MLB

Toronto's runs scored against Boston's setup man and closer

Toronto manager John Gibbons knew Boston had its bullpen lined up.

It didn't matter when the Red Sox couldn't throw a key strike.

Russell Martin hit a two-run single against Craig Kimbrel to cap a four-run eighth inning, and the Blue Jays held on to beat the Red Sox 4-3 Monday in Boston's annual Patriots' Day game.

"When you're facing (Koji) Uehara and those guys at the end, it's tough to do," Gibbons said. "You see the end result. It was big."

J.A. Happ (2-0) gave up one run and four hits in seven-plus innings. Drew Storen got three outs for his first save despite giving up two runs. Toronto gained a split of the four-game series by winning the last two.

"That was a huge inning for us against a tough pitcher," Happ said of the eighth. "They brought Kimbrel in there, and we had some great at-bats — even before that with Uehara. It was a fun win."

Boston's Clay Buchholz allowed six hits in 6-2/3 shutout innings, helped by four double plays by his infield and a diving catch by centre-fielder Jackie Bradley Jr. Josh Rutledge and Travis Shaw had RBI doubles for the Red Sox.

With Toronto trailing 1-0 in the eighth, Kevin Pillar reached second base against Uehara (0-1) after Rutledge's throwing error on his infield hit to third. He advanced on Christian Vazquez's passed ball and scored on Michael Saunders' groundout.

Uehara was charged with four runs and gave up two walks while getting just one out. Kimbrel also gave up a walk.

"It's probably just early morning," Uehara said through a translator. "It's just my body was not awake. I'll do my best tomorrow."

Kimbrel entered with one out and the bases loaded and struck out Edwin Encarnacion. He walked Troy Tulowitzki on a 3-2 pitch, forcing in the go-ahead run, and Martin singled.

"It's definitely not a situation I'm accustomed to," Kimbrel said. "I'm asked to come in and get two outs and leave it where it was. I was able to get the first one to give us a chance, got ahead on Tulowitzki and walked him. That really wasn't what we had written up." THE ASSOCIATED PRESS

MARY SCHWALM/THE ASSOCIATED PRESS

Above: Blue Jays centre-fielder Kevin Pillar makes a diving catch on Monday.
Right: Prior to the game, Boston Marathon bombing survivor Jeff Bauman, left, acknowledges the crowd as he walks with actor Jake Gyllenhaal before throwing out the first pitch.

MONDAY In Boston

4	3
BLUE JAYS	RED SOX

BOSTON MARATHON

Ethiopians rule 120th edition

Ethiopians nearly swept the Kenyans off the podium at the Boston Marathon on Monday, winning both the men's and women's races for the first time in history and taking five of the six spots on the victory stand.

Lemi Berhanu Hayle won the men's race in two hours 12 minutes 45 seconds, pulling away from defending champion Lelisa Desisa as they crossed over the Massachusetts Turnpike heading into Kenmore Square. Hayle won by 47 seconds, with Yemane Adhane Tsegay an additional 30 seconds back to round out an all-Ethiopian top three.

Atsede Baysa won the women's race, coming from 37 seconds behind with less than five miles to go. The two-time Chicago Marathon champion finished in 2:29:19, 44 seconds ahead of fellow Ethiopian Tirfi Tsegaye.

Joyce Chepkirui was third in the women's race, the lone Kenyan to medal in a race that had been dominated by her countrymen for decades. The results come as the World Anti-Doping Agency put Kenya on probation after more than 40 athletes tested positive for performance-enhancing drugs since the 2012 Olympics — nearly one a month.

Most of the top Americans, including 2014 winner Meb Keflezighi, skipped the race after running in the U.S. Olympic trials in February. THE ASSOCIATED PRESS

IN BRIEF

Appeals court upholds $1B NFL concussion settlement

A federal appeals court has upheld an estimated $1-billion plan by the NFL to settle thousands of concussion lawsuits filed by former players, potentially ending a troubled chapter in league history.

Former players already diagnosed with brain injuries linked to repeated concussions could begin receiving benefits within three to four months, a plaintiffs' attorney said. THE ASSOCIATED PRESS

Leonard repeats as NBA's top defensive player

Kawhi Leonard has won his second straight NBA Defensive Player of the Year award after helping the San Antonio Spurs have the league's best defence.

Leonard received 84 first-place votes and 547 points. Golden State's Draymond Green (421) finished second. THE ASSOCIATED PRESS

Go to metronews.ca for coverage of the NBA playoffs, including Game 2 of the Raptors-Pacers series.

NHL PLAYOFFS

Coach's challenge playing a big role

Aaron Ekblad had a big goal for the Florida Panthers, and then it was gone. Same for Vladimir Tarasenko in St. Louis last week. Andrew Shaw of the Chicago Blackhawks and Derick Brassard of the New York Rangers got to keep their clutch scores.

The breakout star of the first round of the NHL playoffs is the coach's challenge, and it seems as if no one is quite sure how they feel about its prominence. There were two more on Sunday, including an offside ruling that negated Ekblad's goal in the second period of Florida's 4-3 overtime loss at the New York Islanders.

"The rule is there, it's in place and you have to do as good a job as possible as a staff and as a group to execute within the rule," Philadelphia coach Dave Hakstol said. "We're seeing how important and how much of an impact it's had on a couple of games."

The NHL approved the coach's challenge system last summer, and it was used 266 times in the regular season, with 68 plays overturned. The system was mostly praised, save for the occasional display from a coach or player upset when a reversal went against their team. THE ASSOCIATED PRESS

"It has been (a) good thing (this) year. If they could speed it up somehow, it would probably be better. Red Wings forward Henrik Zetterberg

Islanders coach Jack Capuano's challenge on Sunday negated a goal scored by the Panthers' Aaron Ekblad.
WILFREDO LEE/THE ASSOCIATED PRESS

RECIPE Curried Chicken with Grapes in a Pita

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This sweet and savoury combo is a great way to use up leftover chicken. But it's also a reason to pick up a rotisserie chicken on your way home if you don't have leftovers.

Ready in
Prep time: 10
Cook time: 20

Ingredients
- 2 cups diced cooked chicken
- 2 celery stalks, finely diced
- 1/2 cup seedless grapes, quartered
- 1 scallion, finely sliced
- 2 Tbsp mayonaisse
- 2 Tbsp Greek yogurt
- 1 tsp curry powder
- 1 tsp Dijon mustard
- salt and pepper to taste
- whole wheat pita pockets, sliced in half
- lettuce, washed and torn

Directions

1. In a bowl, toss together the diced chicken, celery, grapes and scallion.

2. In a small bowl, stir together the mayo, yogurt, curry powder and Dijon then blend it together with the chicken mixture. Taste before deciding how much salt and pepper you need.

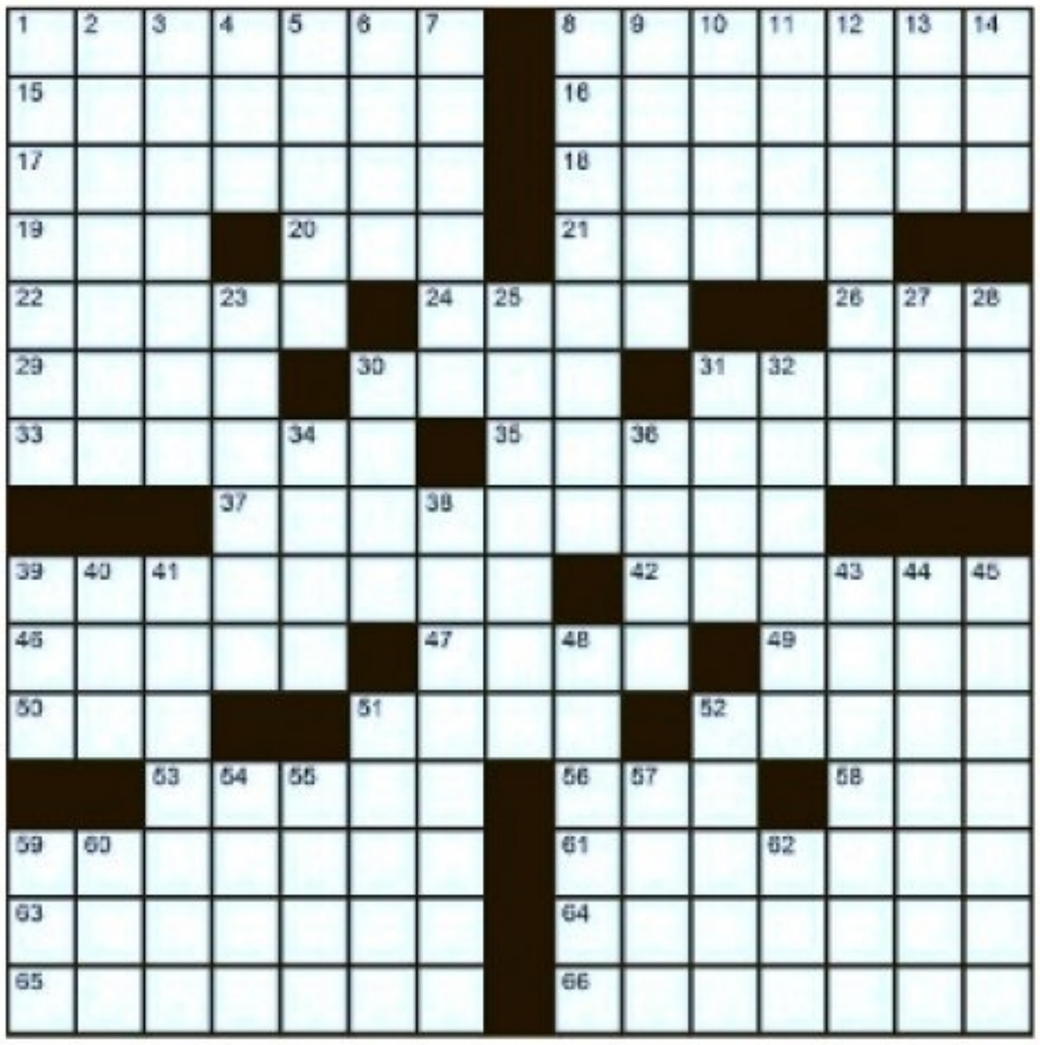
3. Cut your pitas in half and tuck in a few pieces of lettuce.

4. Now spoon in your chicken salad. Serve with a green salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "__ Bells": Theme music in "The Exorcist" (1973)
8. Shook a bit
15. Useless
16. "I'm sorry."
17. Robert De Niro/Ben Stiller comedy, "Meet the __" (2000)
18. Info in a used-car ad
19. Painful expressions!
20. Garden pond fish
21. Finished
22. Fortunes
24. Pharmacy amount
26. Pixie
29. Barney's best cartoon friend
30. Sage or thyme
31. Wayne __ (Batman's abode)
33. Tennis champion Ms. Williams
35. In a wide-mouthed-awestruck manner
37. Alberta: Beautiful attraction in Lethbridge, __ __ Japanese Garden
39. Like the four largest satellites of Jupiter
42. Harnessed
46. Shock Rock rocker, __ Cooper
47. Russian autocrat, once
49. Ms. Campbell of "Scream" (1996)
50. Famous
51. "__ Lap" (1983)
52. Hard-to-climb hill's characteristic
53. Ring __ __ (Get attention at the customer service desk)
56. Writer Mr. Levin
58. CSI evidence
59. "The Facts of Life" character
61. More like Mr. Duck of Looney Tunes
63. Supervise
64. Sir Edmund Hillary's conquest in '53
65. Ontario: University in London
66. Ritzy vacation destinations

DOWN
1. Insider's info offerings
2. Not in-the-know
3. Partyer making the balloon go "Pop!"
4. 'Comp' completer (Calculate)
5. Golfing domains
6. Opera voice
7. Live somewhere
8. Ontario/Quebec body of water: 2 wds.
9. Express, as a thought
10. Atomic No. 79
11. Hilarity
12. Placing deliveries on the truck
13. __ salad sandwich
14. Hair tinter
23. Like Adam and Eve's garden
25. Wedding dress material
27. Gretchen of movies
28. Use a crowbar
30. Cod-like fish
31. Mr. Myers
32. Sanctify
34. Cairo's river
36. Run smoothly as a car engine
38. Hamilton-born actress Ms. Robertson
39. Chitchat
40. Famous boxing last name
41. Binds, surgeon-style
43. More wanting
44. Most balanced
45. Leaves at the airport
48. More like a desert in climate
51. One using a pair of toolbox grippers, say
52. Vaults
54. "The Simpsons" character
55. "Nothing __ Matters" by Bif Naked
57. Critic's thumbs-up review
59. At this moment
60. "__ Maria"
62. Backwards

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you feel passionate and intense about everything. However, you will feel this particularly during discussions with bosses, parents and the police. Be careful.

Taurus April 21 - May 21
If you are looking for answers or doing research today, you will be like a dog with a bone: You will not give up until you find what you want.

Gemini May 22 - June 21
Disputes with a friend or a member of a group might arise today, especially about how to spend a specific amount of money or deal with shared property. Remember that discussions are a two-way street.

Cancer June 22 - July 23
Difficulties with bosses and parents might arise today, because you want to get your own way. Be careful. This relationship might end.

Leo July 24 - Aug. 23
You might decide to part ways with a group of people based on religious, political or racial views. Issues are hot; you will not betray your own values.

Virgo Aug. 24 - Sept. 23
Disputes about inheritances, insurance issues and shared property will be intense today. You might be at loggerheads with someone so fiercely that the relationship will end.

Libra Sept. 24 - Oct. 23
Sometimes we hang on to someone out of feelings of insecurity. Today you will examine your relationships and either change them or accept them for what they are.

Scorpio Oct. 24 - Nov. 22
Your zeal to introduce reforms at work might create resistance. You won't back down, which is why things will come to a head by the Full Moon on Thursday.

Sagittarius Nov. 23 - Dec. 21
Parents must be gentle with their kids today, because everyone is obsessed about something today. This means if someone wants something, they really want something. Be the adult in this scenario.

Capricorn Dec. 22 - Jan. 20
Family disagreements might be imminent, because different people want different things. Unfortunately, these feelings are intense. Hopefully, after Thursday's Full Moon there will be peace.

Aquarius Jan. 21 - Feb. 19
No matter what you discuss today, you will be passionately intense about it. Just be aware of this so that you know why others react as they do.

Pisces
Feb. 20 - March 20
If shopping today, you will be obsessed about buying something. Well, if you want it and you can afford it, why not get it?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		5					6	
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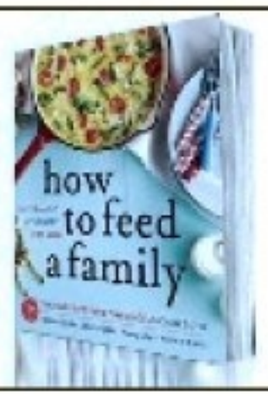
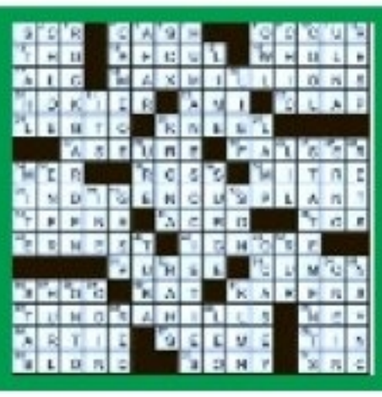


YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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7	4	1	2	5	8	9	6	3
9	3	5	4	7	6	1	8	2
1	5	2	6	4	7	3	9	8
3	6	9	5	8	2	4	7	1
4	7	8	3	9	1	6	2	5

Downtown is the **face of our entire city.**
Its diversity of people, ethnicity, and culture
is as rich as any in the world.

That's why the Downtown Winnipeg BIZ and its Aboriginal Peoples' Advisory Committee has launched a new initiative that invites downtown businesses to install decals that express a feeling of welcome and inclusion, represented in Indigenous languages.

"The Downtown Winnipeg BIZ's Aboriginal Peoples' Advisory Committee believes it can play a role in inspiring downtown businesses to find and create opportunities to enhance and improve mutual respect for all Indigenous peoples," **says Lisa Meeches, a member of the BIZ's Aboriginal Peoples' Advisory Committee.** "By encouraging greater awareness of the importance of the Indigenous community in our downtown, it will hopefully unite the community, promote cross-cultural celebration and awareness, and further economic development opportunities."

"We are proud to acknowledge that our downtown campus is located on Treaty One land, in the heart of the Métis homeland. In this Year of Reconciliation, part of our work is to help build a culture that is welcoming, inclusive and based on mutual understanding and respect," **said Dr. Annette Trimbee, President and Vice-Chancellor, University of Winnipeg.** "We are pleased to partner with the Downtown Winnipeg BIZ in visibly celebrating the diversity of Indigenous languages that are a thriving part of our city."

LEARN MORE: **WWW.DOWNTOWNWINNIPEGBIZ.COM**

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